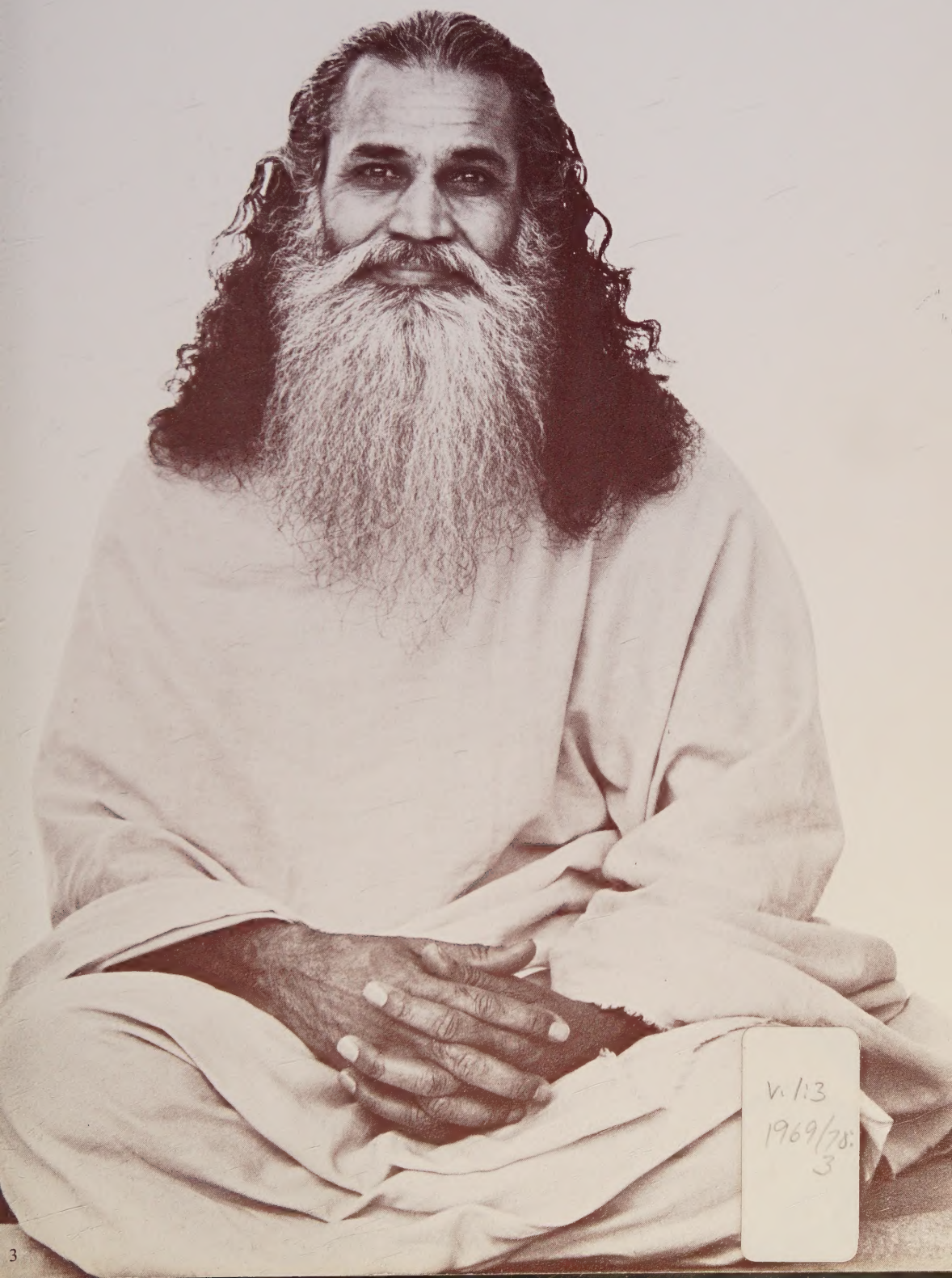


# Integral Yoga



v. 1/3  
1969/78.  
3

## SAYINGS from SAGES and SCRIPTURES

"In whatever way men approach me, even so do I reward them. My path do men tread in all ways."

Bhagavad Gita

It is through the search after Truth that man can liberate himself. This he should regard in the light of duty.

Sri Anandamayi Ma

Who hath gathered the wind in his fists?  
Who hath bound the waters in a garment?

Proverbs 30:4

Living in the world without insight into the hidden laws of nature is like not knowing the language of the country in which you were born.

Hazrat Inayat Khan

"Dispassion for objects is liberation.  
Passion for things is bondage.  
This is knowledge.  
Now do as you please. "

Ashtavakra Gita

"Why call ye me Lord, Lord, and do not the things which I say? "

St. Luke 7:46

Scriptures are numberless. Knowledge is limitless. Time is very short. Obstacles are countless. Hence, whatever is the essence is to be taken, even as a swan drinks only milk by separating it from the water.

Uttara Gita



# Integral Yoga

Light One, Ray Three  
March, 1970

A Bi-Monthly Magazine of the

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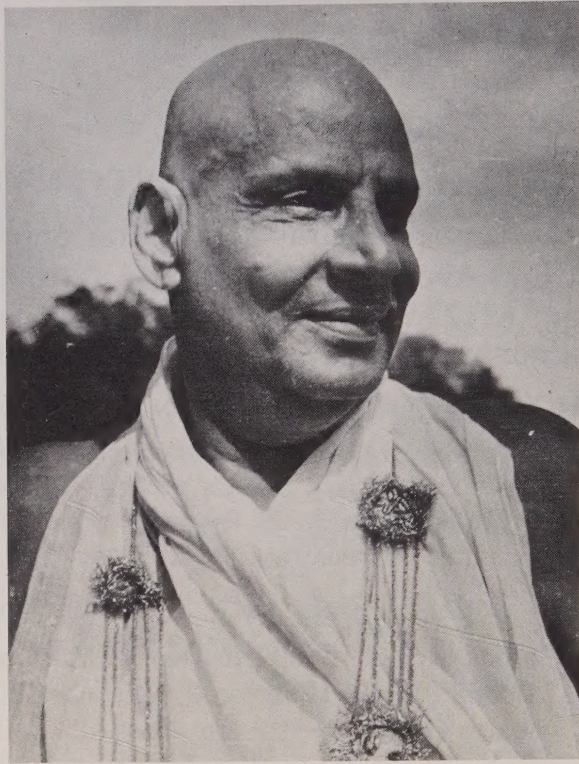
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## LOVE

"The path of Love is the right royal road that leads to the abode of immortality and eternal bliss - where time cannot exercise its destructive power, where illusion cannot show its face. Love is the clear and open way to God.

There is no virtue higher than Love; there is no treasure higher than Love; there is no knowledge higher than Love; there is no path higher than Love; there is no religion higher than Love. Because Love is truth. Love is God. This world has come out of Love, this world exists in Love, and this world ultimately dissolves in Love. God is an embodiment of Love. In every inch of His creation you can verily understand His Love.

Live in Love. Breathe in Love. Sing in Love. Eat in Love. Drink in Love. Talk in Love. Pray in Love. Meditate in Love. Think in Love. Move in Love. Die in Love. Purify your thoughts, speech and action in the fire of Love. Bathe and plunge in the sacred ocean of Love. Imbibe the honey of Love and become an embodiment of Love."

*Swami Sivananda*

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Swami Sivananda



## DETACHMENT

Be friendly. Give and love. What else do we want? We are all just fellow passengers. Are you going to stay in this world thousands and thousands and thousands of years? Our days are limited. Where is the guarantee that we will be living tomorrow? Nobody knows which day will be the last day, which breath will be the last breath. There is no guarantee. So why don't we live and make the present the Golden Present, make this very minute a Heavenly Time?

Only when you lead a life of giving and loving, a life of dedication, then can you find joy and bring joy to others. The essential part of every religion, every path, every system is this: Find peace within you, make the mind tranquil. And how can you make the mind tranquil, if it is greedy, if it is jealous, if it is hateful? Only a mind that is free from all this jealousy, hatred, greed, anger, and all terrible things can be at peace. Therefore free the mind from all these things, by whatever way you can. Free yourself from all those things which give rise to such feelings and thoughts. Have no attachments. Develop detachment and be detached. Then you will be able to find peace.

Those who believe in God, say: "Oh Lord, I'm giving everything to you; I'm offering everything to you. I am Thine. All is Thine."

"I didn't come with anything of my own. I just came empty-handed and God gave me everything. If the One who gave is taking away, let Him take, how can I interfere?" So when something comes to you--thank God. When something goes--"Oh God, You took it away, probably it's not good for me anymore, and You have taken it away. Fine."

How about those who do not believe in God? Is there no salvation for them? Are they to go to eternal Hell? No. There is an analytical way. Say: "By trying to acquire everything, what am I gaining? The more I acquire, the more I'm worried and anxious. The more I possess, the more I am possessed. All kinds of botherations--I can't even sleep without a pill. But when I'm free from all these things, I am happy, I have my peace. Nothing binds me. So let me give away everything. I don't want to cling to things. If they come, let them come; if they go, let them go."

There's no God coming in here, see? The idea of God is not a must. Whatever way you work it out, free the mind from this trouble. Because, after all, as I have said before, Peace is God. We are giving everything in the name of God,

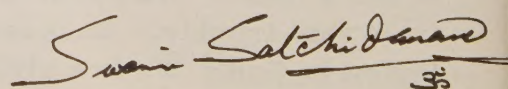


or in the name of Peace. For Peace we are giving up everything, and unless we give, we cannot find Peace. When I say give up, I don't mean to take possessions and throw them out through the window--no, I mean just give up the attachment. Give possessions freedom. Just as you want freedom, give that freedom to all things. Your money--why should you lock it in the safe? Then you have to sit like a demon, watching it day and night. If you give things their freedom, they will just come and go whenever they want. So when they are with you, they'll be happy, and you'll be happy. Here is the secret! Those who keep money under lock and key are in danger of losing it, because the money wants to run away from its prison. Just as you don't want to get caught in a trap, all your possessions have the same idea. Every currency note has its own consciousness. Every penny has its mind. They also want freedom. If someone else opens the safe at night, the money just comes out and thanks him: "Oh, you are a fine man to free me. I'll go with you. Come on, take me away quickly."

Freedom loving people should give freedom to other things also. Nothing wants to be bound up. There's a charm in coming, and, at the same time, there's a beauty in going out. Then there is free flow. Running water is always pure, you can drink it. But you can't drink from a stationary water source. It will stink after some time. In the same way, running money is always beautiful. So think like this and give things their freedom.

Whatever way you think, the attainment of freedom is the same. It's only a sort of mental adjustment. It's nothing physical outside, and you need not throw anything out. Be detached. Think that things are with you and you are possessing them, but that you are not possessed by them. That is the whole difference. It is for this little mental adjustment you work so hard. All kinds of practices: japa, tapas, asanas, pranayama, meditation, deep meditation, and hundreds of kinds of meditation--Zen meditation, Buddha meditation, Tao meditation, Yoga meditation.

However you work, this should happen. The mind must be free from attachment. Then really you are the ruler, the Prince of Peace. Even the so-called king will not be this happy.





## HOW THE WEST WAS ONE

In the old days, men went west to find gold. Today the Gold went west to help men find themselves.

Swami Satchidananda's four-week West Coast trip really began several days before he left New York on December 24. As his departure approached, there was a growing excitement at the Integral Yoga Institute, intensified by the fact that it was Christmas time and Swamiji's birthday was on the 22nd. Everyone was so vital and full from feelings of love which they were experiencing and expressing so freely. This time of year is called the Brahma Muhurta or sunrise -- an auspicious time when the very air is charged with sattwic (pure) vibrations. The dawning light is conducive to increased spiritual awareness. It is a time when the old temporarily makes way for the new -- a significant time for Swamiji to visit two newly formed branches of the I. Y. I.

Swamiji was met at the San Francisco airport by his beloved children, Shree and Vijay Hassin, and a crowd of devotees, most of whom had never met him before, but had obviously felt him very much. The sun was shining brightly for the first time in two weeks, and it continued to shine daily until the very day Swamiji left. A full schedule had been arranged for the next fourteen days, including many public lectures, TV shows, radio talks, two initiations, and numerous press interviews, Satsangs and private meetings. All of these talks were well attended, and the message of Integral Yoga was greatly appreciated.

This is some of your West Coast family (at Big Sur).





Swamiji visited the students of Das Ashram in Burlingame including "Mama", a close devotee, for a special Christmas Day Satsang. One day was spent on Mt. Shasta, ascended by riding up the ski lift. Then Swamiji flew to Portland, Oregon where he had dinner at a Zen center and gave a talk at Reed College.

The San Francisco I. Y. I. is located in a 5 1/2 room ground-floor apartment and is continuously filled with beautiful people coming to take a class or do some Karma Yoga. The center is now looking for larger, permanent quarters to accommodate the growing number of students. Through their devotion and constant selfless service, Shree and Vijay are serving as a source of inspiration to everyone they meet.

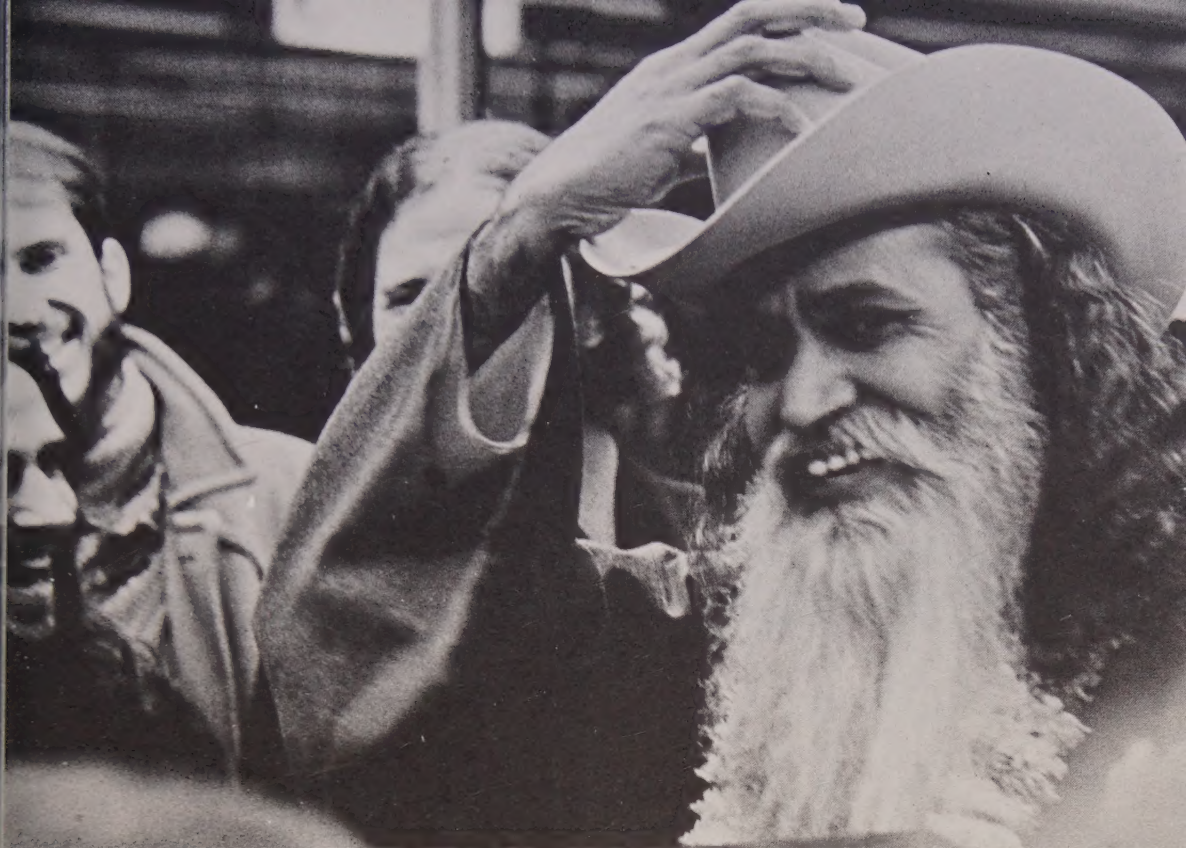
Swamiji flew south and was greeted by his loving Los Angeles family on January 7th. Here again, Krishna Green and Narayana Rich had arranged a full schedule of events, so that many hundreds of people were able to joyfully receive Swamiji's love and message.

The eight I. Y. I. household members were ecstatic at Swamiji's first visit and were proud to show him the I. Y. I. headquarters. The center is located in a rented house in a quiet section of Hollywood. It is well equipped to serve many students, complete with back yard surrounded by trees, for possible outside classes and meditations. The enthusiasm and desire to serve is so high that the students and members have decided to try to purchase the house for a permanent center, before the lease expires in the spring.

On Swamiji's last day there, a benefit banquet was given on the I. Y. I. back lawn for over 300 people. It was a joyous affair with wonderful food prepared by Jo and Warren Stagg of HELP Restaurant, and entertainment given by the Earth Light Co. It was attended by people of all ages and walks of life, and they were all able to see the benefits of a Yogic life -- not only in Swamiji, but in his devotees and students as well.

At the request of Indra Devi, Swamiji visited her ashram in Tecate on the Mexican border. To his surprise and delight he found many of the I. Y. I. students waiting for him when he arrived there by plane. They had driven down the night before. The day was spent enjoying the deep peace of that place which was added to by Swamiji's inspiring words and presence. On crossing the border, Swamiji was greeted





### A Yogi from the West. Howdy Om!

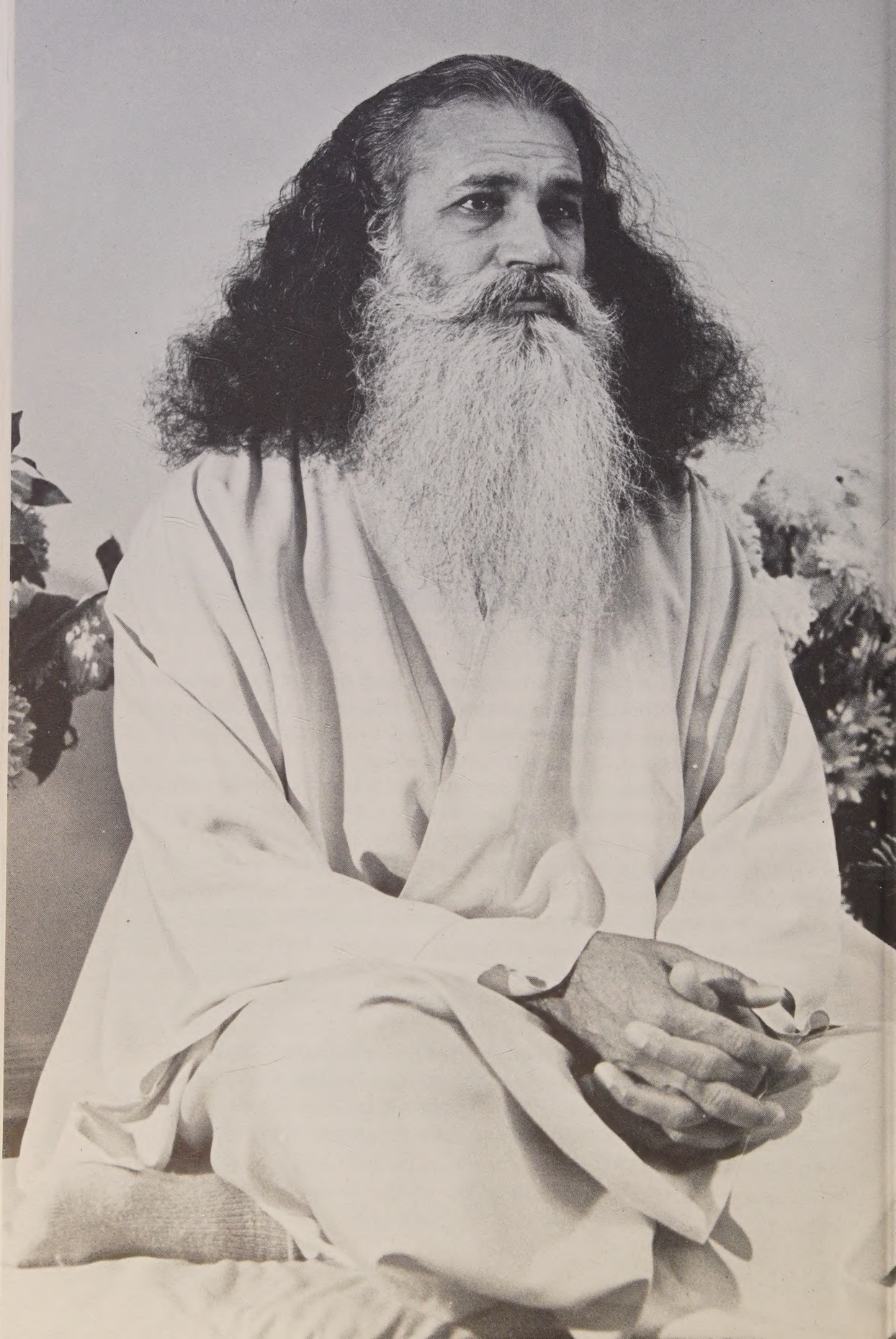
warmly by the Mexican border guards and had no trouble entering in spite of official concerns about men with long hair and beards. We found out later that Indra Devi had previously given them a photo of Swamiji with the Pope.

Swamiji flew the next morning for his first visit to Dallas, Texas, where he was greeted by Basil Nasto, a devotee formerly of New York, and many loving students. He was immediately ushered into the airline celebrity room where he was interviewed and photographed by the two major newspapers. During the two-day stay, Swamiji gave two public lectures to full audiences and held two smaller Satsangs at Basil's home. The interest and enthusiasm was so strong that a number of people are making arrangements for his return.

On the day of his departure for New York, Swamiji was given an authentic cowboy hat by the Dallas devotees which he promptly donned upon arriving in New York -- to the added delight of his devotees who were overjoyed to have him home again.

Shanthi Norris







## SELF INQUIRY

This is purely a search within you. Sit comfortably. Be fully relaxed. Start asking yourself, "Who am I?" If the answer is, "I am Mr. Smith," ask, "How and when did you get this name?" The answer might be, "My parents gave it to me as soon as I was born."

Q. "Then who were you before they gave you this name?"

A. "Just a baby."

Q. "If you were a baby then, who are you now?"

A. "A grown-up man."

Q. "Who grew up?"

A. "Well....my body."

Q. "Not you?"

A. "Hmm....this is rather puzzling."

Anything that you call "yours" is not you. In the above case, you are the subject and the body is the object. You are the passenger of the body, but not the body. Only when you identify yourself with the body do you speak of yourself as a baby, a grown-up man, fat, slim, sick or healthy.

It is the same in the case of your mind. When you identify yourself with it, you call yourself a doctor, an engineer, teacher or student. You say you are happy, sorry, angry, etc. according to the modifications of the mind or the knowledge it has acquired. With all of these intrusions, there is confusion between you and something of yours.

Go on negating all you call yours and try to stand apart from these. This aloofness is called Nirvana--isolation of the psychological ego which is the basis of the mind.

In this condition, you resemble the Real Self and experience Oneness with it.

Swami Satchidananda



## THE CONCRETE ASHRAM THEORY

1 a.m. -- not an unusual time to expect to be asleep. Yet outside, on the street, between the parked cars, it is July 4th, the Mardi Gras, Rio Carnival -- a barrage of blamming firecrackers and cherry bombs, sputtering up at three minute intervals. In a mere five hours, the merry sanitation men will join in their morning sport, "Kick the Can", just in time to compete with morning meditation. Here, lulled by the traffic hiss on the West Side Highway and the scent of industrial waste from the Hudson River, the "Concrete Ashram Theory" took form in my mind.

There are these two men. Man A sits in a aerie, evergreen grove, with the scent of pine boughs; the breeze OMs, and he meditates. Man B sits in his walk-up on East Sixth Street, in a shrine room bordering his neighbor's 24-hour bowling alley; cats and tires scream, and he meditates. Now, who is the greater Yogi? The transition from city to country is a bit bumpy, but the shift the other way is staggering.

So, here is one way of seeing city sadhana. Those of us who live here have this fantastic disciplinarian, a looming giant-teacher carrying simultaneously a pointer and a stick, ready to send you off to the principal every moment.

Thousands of lessons are on each block. Walk down any street -- I walk, a newspaper flies down the street, scattering its pages. I avoid the sight. This voice says, "Pick them up." Well, I really am in a rush, you know, I just can't do it at this.... "You mean, you're actually going to let them fly all over the street? Where are you at!?" Well, it's not my job. I didn't.... "Not your job? You live in this town, yes?" So there I am, bending all over the street, talking to myself and collecting pages to the amazement of the local stickball five, three stoop-hangers and a patrol car. And, I mean, what a fantastic way to learn! You can't go picking up newspapers in a forest, can you? They just don't exist there.

Manhattan is a giant department store, chock-full of material goodies, advertising itself in mile-high skyscrapers. It is a veritable sea of materialism, and if you can paddle through without drowning in it, you've passed Senior Life-saving with flying colors.

If we see one side of the coin, it means crowds, pollution, anxiety. But, turn the coin over and written plainly is the answer to all of these problems, a clever way of surmounting them and receiving all the benefits. To make it here is to make it anywhere and everywhere.





My Yogic formula is: "Take It Easy". That's my Mahavakya. You know in the Upanishads there are Mahavakyas. In Sanskrit that means the "great sayings". "Tat Twam Asi -- Thou Art That". That's the great vakya. "Prajnanam Brahma -- You Are That Brahma". But my Mahavakya is: "Take It Easy". If somebody praises you, take it easy. If somebody blames you, take it easy. That means, keep a serene mind.

Yoga means always at ease and peace,  
So my catchword is: "Take It Easy".  
Whatever comes: "Take It Easy".  
Whatever goes: "Take It Easy".  
Never worry about anything  
Because nothing is permanent.  
Things come and go.  
Our peace, our joy, our happiness  
Is always permanent in us.  
Nothing on this Earth should shake you,  
Nothing on this Earth should make you unhappy.  
Even in the name of God  
I don't want to make myself unhappy,  
Because happiness is my God.  
That is why Swamis' names end with Ananda:  
Chidananda, Venkatesananda, Shivapremananda,  
Satchidananda, Pranavananda, Vishnudevananda.  
All Ananda, Ananda, Ananda, Ananda.  
Ananda means Joy, always Joy, always Peace.  
If you take care never to disturb your Ananda,  
You have achieved the goal of Yoga.  
You are already a Yogi.  
Because a Yogi is a person who is always happy.

Swami Satchidananda

## NEWS OF SWAMIJI AND THE IYI

Swamiji: -- December 22nd is Swami Satchidananda's Jayanthi, and a joyful birthday celebration was held at the Universalist Church in New York. It was an evening of garlanding and gifting, chanting and laughing, blessing and meditating. On the 24th, Swamiji left for the West Coast at the invitation of the IYI branches in San Francisco and Los Angeles. A story about this tour is on page five of this issue. Besides speaking to students at Berkeley, Foothills College, Reed College and UCLA, Swamiji was interviewed live or taped by major network and local TV and radio stations almost everywhere he went. California couldn't contain him, so Oregon, Texas and Mexico were also blessed with his presence. Spiritual leaders visited by Swamiji on this tour included Yogi Bhajan, Indra Devi, Swami Prabhavanada of the Vedanta Society and Dr. Judith Tyberg of the East-West Cultural Center.

At the end of January, Swamiji returned to the East Coast and New York. He held several Satsangs at the New York IYI and Ananda Ashram in Monroe, New York, and both visited and received devotees.

On February 5th, Swamiji went to Cornell University with Rabbi Joseph Gelberman of the Little Synagogue of New York City and Brother David of Mt. Saviour Monastery in Pine City, New York. Seventy-five students of all faiths participated in a twenty-four hour spiritual "be-in". Jewish, Hindu and Christian services were celebrated by the entire group in a unique and universalizing experience to be described in our next issue. Swamiji then went with Brother David to Mt. Saviour Monastery where he stayed overnight and attended Sunday Mass. Swamiji also addressed the Benedictine monks there, and at their request performed a Pooja (worship service) and meditation at the feet of a statue of the Holy Mother Mary with Lord Jesus. After the worship, all the sisters and brothers shared Prasad (the blessed offering) of fruit, milk and honey.

On February 13th, the regular Friday night discussions which are held at the Universalist Church whenever Swamiji is in New York City were resumed. On the 19th, the Montclair, New Jersey branch of the IYI was officially opened when Swamiji addressed a public audience there. On February 21st, Swamiji went to Paradise Island in the Bahamas where he spent three days at the ashram of Swami Vishnudevananda. On the 28th, Swamiji gave Manthra initiation to twenty people at the New York IYI.

As we go to press, Swamiji has accepted invitations to



speak at Vassar College in Poughkeepsie, New York, to address the employees of the Young and Rubicam Advertising Agency in New York, and to appear with Rabbi Gelberman at the Little Library in Brooklyn, New York. On March 21st, Swamiji will again be in California, this time to conduct meditation at the Whole Earth Festival Celebration of the Spring Equinox. While on the West Coast Swamiji will be visiting IYI branches in Los Angeles and San Francisco.

IYI New York: -- Since December the IYI Community Service Program has been expanded with a Yoga class at Horizon House. Talks and demonstrations were given at a local Police Athletic League and a neighborhood recreation center. More classes have been added to the regular weekly schedule at the Institute itself, and outside Yoga classes have begun at Columbia University and some high schools as well. Sridharan Silberfein is teaching a course this semester in Yoga Philosophy and Hatha Yoga at Livingston College in New Jersey.

On December 23rd, a celebration in honor of Swamiji's birthday and coming trip to California and Christmas was held at the IYI for about one hundred of the Institute workers, friends and advisors. Swamiji participated in Kirtan (chanting), caroling and funmaking and distributed several dozens of gifts to those assembled. On New Year's Eve a midnight

L. Devotees greeting Swami Satchidananda at Kennedy Airport

R. Ishwara Futral of the Canton IYI teaching Raja Yoga at the University of Connecticut.



Kirtan and meditation was held to bring in a peaceful and joyous New Year and Decade. On February 14th, Swamiji conducted a class for IYI Yoga instructors. On the 28th, Swamiji gave Manthra initiation to twenty people at a ceremony in New York. The annual General Membership Meeting was held on March 1st, and officers were elected for the coming year.

IYI Canton, Connecticut: -- The branch-sponsored Integral Yoga Students' Clubs at two local colleges are growing. The bakery continues well and a vegetarian cooking course is about to begin. New activities include Yoga classes for underprivileged emotionally disturbed children at the West Middle Intensive Instructional Center. These classes are observed by professional staff members of the Center. Yoga classes are being held at the Theosophical Society in Springfield, Massachusetts. Thanks to a donated second car, the Canton Branch has been able to travel extensively for teaching and service. Lectures, films and demonstrations were given in several nearby places. On February 3rd, Ishwara Futral, President of the Canton IYI, began an accredited Hatha Yoga course at the Hartford College for Women.

IYI Montclair, New Jersey: -- This new branch of the IYI was officially opened with a lecture by Swami Satchidananda on February 19th at the Montclair High School Auditorium. A Hatha Yoga demonstration followed the well-attended talk. At the moment three Hatha Yoga classes are taught every Saturday at the Unitarian Church, and the schedule will be expanded in the near future. Plans are underway for an Integral Yoga Students' Club at nearby Fairleigh Dickinson University in Teaneck. In April, the branch will sponsor a talk by Swamiji at Montclair State College at the invitation of the Psychology Department.

IYI San Francisco and Los Angeles, California: -- Swamiji visited these centers from December 24th to January 23rd and will return briefly on March 20th to continue teaching and serving. Details of his activities there can be found on pages five and twelve in this issue.



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# SWAMPI AND OTHER STORIES



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## THE PIED PIPER

And he plays his flute  
And the music says "come"  
So the children follow  
And dance in the sun.

He goes over mountains  
And over the sea.  
He looks through you  
And he knows through me.

He comes to teach them.  
He looks old and gray.  
But the children love him  
For he's young as the day.

He'll never lead them wrong  
For the truth makes him strong.  
And they go on their way  
Behind the flute they'll someday play.

Karuna Kreps

## THE ANSWER TO SWAMI CHIDANANDA'S RIDDLE

What is greater than God  
And worse than the devil?  
You can't eat it,  
But if you eat it you die.

The answer, Swami Chidanandaji said, "is a whimsical joke, but at the same time it's the highest truth."

The riddle was solved by Eileen and Bill Malloy, Shanthi Norris and Peter and Sarah Petronio:

Nothing is greater than God,  
Nothing is worse than the devil.  
You can't eat nothing,  
But if you eat nothing, you die.

Our deep gratitude goes to the writers, photographers, artists, typists and all the contributors whose selfless service made it possible to bring this magazine to you.

Jai Sri Satguru Maharaj Ki.





## SAINT VALENTINE'S DAY MESSAGE OF SWAMI SATCHIDANANDA

Peace for all.	Peace for all.	For all the nations Peace.
Joy for all.	Joy for all.	For all the countries Joy.
Love for all.	Love for all.	For all the people Love.

That is my Saint Valentine's Day Message.

Give your heart to all. Have the entire humanity as your lover. Be a friend to everyone. Think of no one as your enemy and let no one be your enemy. Each person you meet is your friend, your sweetheart, your beloved.

Let all think this way, feel this way, act this way, and the whole world will be at peace. Not just on one day in remembrance of one beloved or one saint by giving some cards or chocolates or kisses can we find lasting peace. But if every day, always, for the sake of all, we live and give in friendship to all --- then joy and harmony are here and now.

Saint Valentine died as a martyr for his love. In the same way let us dedicate our lives for love. Let us live in love, not for the love of just one individual or community or nation, but for the entire creation. May love reign in your hearts. May sacrifice guide your life.

*Swami Satchidananda*  
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